

East River Gastroenterology & Nutrition

1974 1st Avenue
New York, NY 10029
Tel: (212) 535-4500
Fax: (212) 535-4515

COLONOSCOPY INSTRUCTIONS: MAGNESIUM CITRATE PREPARATION

You have an appointment for a colonoscopy with Dr. Goldstein on _____ at _____.
This will be performed at Carnegie Hill Endoscopy Center, 1516 Lexington Avenue, between 97th and 98th streets.
Please arrive forty-five minutes before your procedure for registration. To Contact, call 212-860-6300.

One week before your appointment:

- Obtain three 10 oz. bottles of magnesium citrate (Citrulac) and four Dulcolax oral tablets from your pharmacy (no prescriptions needed).
- If you take coumadin, Plavix, or other blood thinners, call the office to discuss this. Most patients will be asked to stop these medications.
- If you have a heart murmur or artificial heart valve, please call the office to discuss this. If antibiotics are needed, we will administer them at the time of the procedure.
- If you have a bleeding disorder or diabetes, please call the office to discuss this condition.
- Do not take iron for one week before the colonoscopy.

On the day before your colonoscopy:

- You may have a normal breakfast, but no raw fruit or vegetables.
- You may take all your regular medications, except iron or anti-diarrhea medicines (unless specifically told by the doctor).
- Starting after breakfast, you may have only a liquid diet, including water, juice, coffee, tea, soda, clear soup, Jell-O and Gatorade. Plain yogurt and ice cream are also allowed. Continue to drink liquids throughout the day.
- At 8 AM, drink one entire bottle of magnesium citrate. Take two Dulcolax tablets with a large glass of water.
- At 1 PM, drink another entire bottle of magnesium citrate.
- At 8 PM, drink the last entire bottle of magnesium citrate. Take the remaining two Dulcolax tablets with a large glass of water.
- Continue to drink liquids until bedtime, but nothing after midnight.

On the day of your colonoscopy:

- Do not have anything to eat or drink except your regular medicines, with a little water. If you are diabetic, do not take your diabetes medicines.
- Make sure you bring someone with you to the procedure, as it is likely that you will receive sedating medications and will need an escort home for your safety.

If you need to cancel or reschedule your procedure, please call the office at (212) 535-4500.
Please make sure that you have any necessary referrals or your procedure may be cancelled.

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**INSTRUCTIONS FOR PATIENTS HAVING OUTPATIENT PROCEDURES AT
CARNEGIE HILL ENDOSCOPY**

Thank you for making an appointment with Dr. Goldstein to have an endoscopic examination. His office has arranged for your endoscopic procedure to be performed at Carnegie Hill Endoscopy, an ambulatory endoscopy center. Specific preparation instructions for the examination are enclosed on a separate sheet.

Your appointment is on: _____

The procedure(s) you will be having is/are: _____

Please read the following information, which is very important:

- Carnegie Hill Endoscopy is located at 1516 Lexington Avenue, between 97th – 98th Streets
- It is important that you arrive in time for your appointment, or the procedure may be cancelled. Try to arrive for registration forty-five minutes before your scheduled appointment to allow for registration and preprocedural intake by the staff.
- There is a drop-off area at the front door on Lexington Avenue. Discounted parking is available in the building's parking lot, located on 98th Street between Park and Lexington Avenues. Please inform the attendant that you are coming for a procedure at Carnegie Hill Endoscopy.
- Prior to the exam, you must register at the registration area. From there you will be escorted to the endoscopy area.
- The center requires that you bring a companion with you to escort you home, or the procedure will not be performed. There is a waiting room for your companion.
- After the procedure, you will be monitored by the nursing staff and discharged the same day. You will receive sedation medication for the procedure and will not be able to safely drive a car yourself.
- Most procedures performed in an “ambulatory surgery center” (endoscopy center) require precertification and/or referrals from your insurance company if you have private insurance. (This does not apply to Medicare patients.) Please call your insurance company to see if precertification and/or referrals are needed according to your policy. The insurance company can also determine what deductibles may apply, again, according to your policy.
- If you have any questions, please feel free to contact us at (212) 535 - 4500

DIRECTIONS TO CARNEGIE HILL ENDOSCOPY

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- By Bus: the M10, M102, or M103 buses run north on Third Avenue and south on Lexington Avenue. If north-bound, get off at 98th Street and Third Avenue and walk to Lexington. If south-bound, get off at 98th Street and Lexington in front of the center. For more bus information go to www.mta.info/nyct/maps/submap
- By Subway: Take the 6 Train to 96th Street. Walk north along Lexington Avenue; the center is located on the northwest block between 97th and 98th Streets
- If you are driving:
 - **From New Jersey:** Take the George Washington Bridge to Harlem River Drive (which becomes FDR Drive) south to 96th Street exit. Right turn on 96th Street. Proceed to Third Avenue and make right turn, then second left onto 98th Street. Proceed to Lexington Avenue, then turn left to the Center.
 - **From Long Island:** Triborough Bridge to Manhattan. Harlem River Drive (which becomes FDR Drive) south to 96th Street exit. Right turn on 96th Street. Proceed to Third Avenue and make right turn, then second left onto 98th Street. Proceed to Lexington Avenue, then turn left to the Center.
 - **From Westchester/Connecticut:** Take Major Deegan (Rte 87) towards the Triborough Bridge. Take the Manhattan Bridge to the FDR Drive South. Exit at 96th Street. Take right turn on 96th Street. Proceed to Third Avenue and make right turn, then second left onto 98th Street. Proceed to Lexington Avenue, then turn left to the Center.
- If you are coming from out-of-town, there are several small hotels near the center
 - Hotel Wales: 1295 Madison Avenue (at 92nd Street). (212) 876-6000
 - Franklin Hotel: 164 East 87th Street. (212) 369-1000
 - Marriott Courtyard: 410 East 92nd Street. (212) 410-6777